

R2J: Are You Ready for a New You?

Purpose: To encourage and promote a healthy lifestyle among staff members, enhancing overall health and well-being.

Description: "R2J: Are You Ready For a New You" is a wellness program that emphasizes diet, physical activity, and health screenings.

Points

Each enrolled employee can earn points for completing each of the following activities:

- **Weight Loss:** Earn 2 points for every pound you lose.
- **Inches Lost:** Earn 1 point for every fourth-inch you lose in your waist.
- **Exercise:** Each employee is encouraged to be physically active at least three times a week. Physical activity includes: walking, jogging, aerobics, biking, hiking, snowshoeing, cross country skiing, swimming and weight lifting. You will earn 1 point for each day of physical activity participation.
- **Steps:** Each enrolled employee will receive a pedometer. Earn 1 point for each day you take 10,000 steps or more.

Bonus Points

Bonus points will be awarded for completing the following activities:

- **R2J On the Move:** Earn 10 bonus points for making it to the top of Longs Peak during the first 16-week session and to the bottom of Longs Peak during the second 16-week session.
- **Health Fair:** Earn 3 bonus points for attending a health fair.
- **5K run/walk:** Earn 5 bonus points for participating in a 5k run or walk.
- **10K run/walk:** Earn 10 bonus points for participating in a 10k run or walk.
- **Triathlon:** Earn 15 bonus points for participating in a triathlon.
- **Health Screening:** Each employee is encouraged to increase their opportunity to be health conscious by participating in regularly scheduled health screenings. Earn 2 points for each health screening you participate in (ie. lipid panel, blood pressure check, annual physical, mammogram, or bone density test). All of these options are offered through McKee Medical center at a nominal cost.

Prizes

First Place: First place will be awarded to the employee with the most points at the end of each sixteen-week session.

Second, third and fourth place winners will be awarded as follows:

Second place: Employees who earn 181 points or more will have their names placed in a hat. Two winners will be drawn.

Third place: Employees who earn between 151-180 points will have their names placed in a hat. Three winners will be drawn.

Fourth place: Employees who earned between 120-150 points will have their names placed in a hat. Four winners will be drawn.

*** The production team with the highest combined points will receive money for a staff party.**

Benefits for Participants

Newsletters: Monthly newsletters will be provided for each participant. Each newsletter will focus on a different health topic.

Health Journal: Each participant will receive a health journal to record meals, exercise and thoughts about their progress throughout the program.

Pedometer: Participants will receive a free pedometer to track their daily steps.

Improved Health: Each participant will have the personal satisfaction in knowing that they are taking important steps to improve their health!